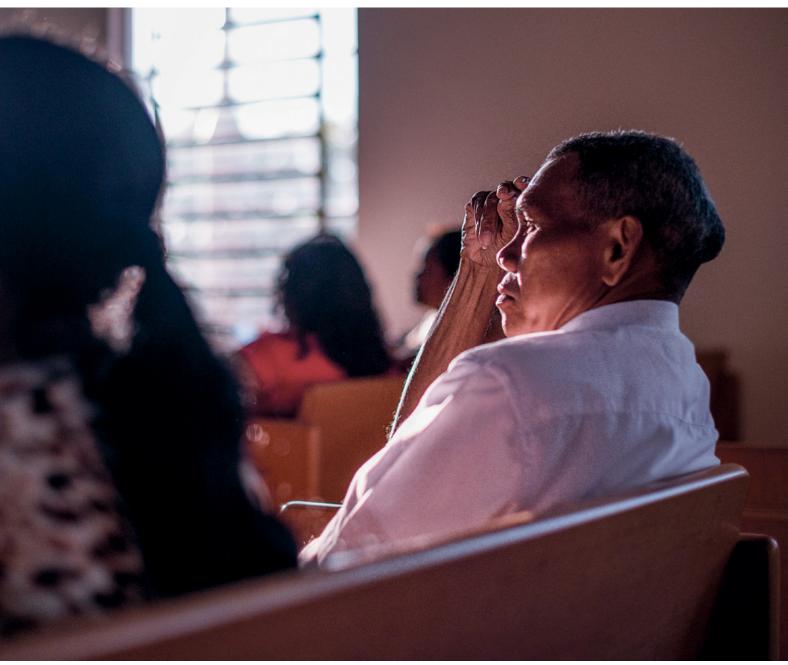
INSIGHTS



Members in Natal, Brazil.

What can we do to make the Sabbath a delight?

"The Sabbath provides a wonderful opportunity to strengthen family ties. . . . We make the Sabbath a delight when we teach the gospel to our children. . . . In addition to time with family, you can experience true delight on the Sabbath from family history work. . . . Make the Sabbath a delight by rendering service to others, especially those who are not feeling well or those who are lonely or in need."